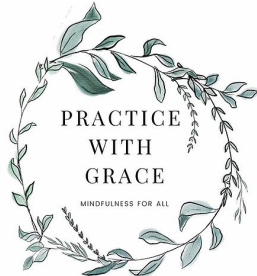




Wellness Watch

August 2021

Upcoming Mindfulness Sessions



Grace Belew, LMSW
Practice with Grace LLC

Tuesday, August 24, 2021 [11:30 AM](#)

This session will allow participants to take a moment for reflection.

Tuesday, August 31, 2021 [3:45 PM](#)

This session will allow participants to take a break during their busy days to center and ground & check in with their feelings.

Tuesday, September 7th, 2021 [11:30 AM](#)

This session will allow participants to work to be present with thoughts and emotions.

Tuesday, September 14, 2021 [3:45 PM](#)

This session will allow participants to rest, breath, and foster feelings of self- love.

Tuesday, September 21, 2021 [11:30 AM](#)

This session will allow participants to foster feelings of positivity and gratitude.

Tuesday, September 28, 2021 [3:45 PM](#)

This session will allow participants to foster feelings of strength, courage and capability.

Please click on time to access the session and email EAP.Staff@apsva.us for password.

*Themes may be edited



Employee flu shot and biometric screening clinics to be held in conjunction with Open Enrollment.

Tentative Dates: In conjunction with Open Enrollment

Location: Transportation, Syphax, and Wakefield HS

Look for more information next month!

Flu shots will be even more important this year given our ongoing battle with the COVID-19 virus.



August is National Immunization Awareness Month (NIAM). This annual observance highlights the importance of getting recommended vaccines throughout your life. We know the COVID-19 pandemic has impacted all aspects of life, including your ability to attend important appointments and receive routine vaccinations. During NIAM, we encourage you to talk to your doctor, nurse or healthcare professional to ensure you and your family are protected against serious diseases by getting caught up on routine vaccination.

We also encourage you to visit CDC's [Growing Up with Vaccines interactive guide](#), which provides information on the vaccines recommended during pregnancy, throughout childhood, and into adulthood.

August is Summer Sun Safety Month!



Learn some of the damaging effects of ultraviolet (UV) exposure, and read up on tips to help protect yourself during the summer months.

[Sun and Other Types of Radiation](#)

[Likelihood of Getting Skin Cancer](#)

[How Do I Protect Myself?](#)

[What's Your Sun Safety IQ?](#)

The Arlington EAP continues to offer free, confidential assistance to employees, family members, and retirees. We want to help you successfully resolve the personal and professional challenges that may impact the quality of your life. Please visit our website (<https://eap.apsva.us/>) to learn more about available resources.

Main number: 703-228-8720

Your Arlington EAP Professional Team:

[Kathy Young](#) x8727

[Nina Saunders](#) x8725

[Sharon Williams](#) x8732

Administrative Assistants:

[Lakia Dozier](#) x8728 [Kim Cocuzzi](#) x8724

August's Recipe

Smoky Grilled Pizza with Greens & Tomatoes

Source: [Taste of Home](#)

Ingredients:

- 3 cups all-purpose flour
- 2 teaspoons kosher salt
- 1 teaspoon active dry yeast
- 3 tablespoons olive oil, divided
- 1-1/4 to 1-1/2 cups warm water (120° to 130°)
- 2 tablespoons olive oil
- 10 cups beet greens, coarsely chopped
- 4 garlic cloves, minced
- 2 tablespoons balsamic vinegar
- 3/4 cup prepared pesto
- 3/4 cup shredded Italian cheese blend
- 1/2 cup crumbled feta cheese
- 2 medium heirloom tomatoes, thinly sliced
- 1/4 cup fresh basil leaves, chopped

Directions:

Place flour, salt and yeast in a food processor; pulse until blended. While processing, add 2 tablespoons oil and enough water in a steady stream for dough to form a ball. Turn dough onto a floured surface; knead until smooth and elastic, 6-8 minutes.

Place in a greased bowl, turning once to grease the top. Cover and let rise in a warm place until almost doubled, about 1-1/2 hours.

Punch down dough. On a lightly floured surface, divide dough into 2 portions. Press or roll each portion into a 10-in. circle; place each on a piece of greased foil (about 12 in. square). Brush tops with remaining oil; cover and let rest 10 minutes.

For topping, in a 6-qt. stockpot, heat oil over medium-high heat. Add beet greens; cook and stir until tender, 3-5 minutes. Add garlic; cook 30 seconds longer. Remove from heat; stir in vinegar.

Carefully invert pizza crusts onto oiled grill rack; remove foil. Grill, covered, over medium heat until bottoms are lightly browned, 3-5 minutes. Turn; grill until second side begins to brown, 1-2 minutes.

Remove from grill. Spread with pesto; top with beet greens, cheeses and tomatoes. Return pizzas to grill. Cook, covered, over medium heat until cheese is melted, 2-4 minutes. Sprinkle with basil.